

## Participation /parˌtɪsɪˈpeɪʃ(ə)n/

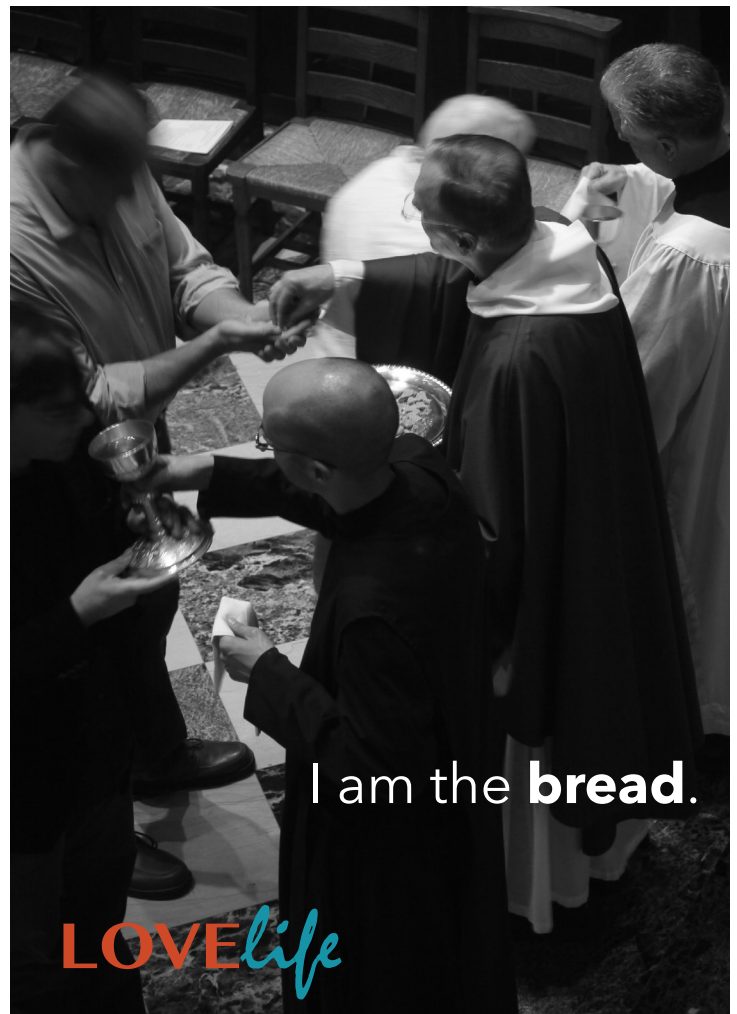
*ORIGIN* 16<sup>th</sup> cent.: from Latin *participat-* 'shared in,' from *participare*, based on *pars, part-* 'part' + *capere* 'take.'  
The action or fact of having or forming part of something; the sharing of something.

In our relationship with God, we are called not merely to know ourselves loved by God, but to participate in the relationship of love that we understand is God. The first letter of John explains that "God is love, and those who abide in love abide in God, and God abides in them." When we love, we participate in the very life of God.

In the Christian tradition, the doctrine of the Trinity aims to express this amazing truth of a God who is love, who is relationship, by speaking of a God in three persons: Father, Son, and Holy Spirit, united in an endless dance of love. John's Gospel helps give shape to this idea through its portrait of the intimacy between God and Jesus, and its promise of a "Spirit of Truth" who will guide us in the ways of all understanding.

While the mystery of the Trinity may not be perfectly understood or understandable to us, the essential point could not be more clear: "If we love one another, God lives in us and God's love is perfected in us." The more we love, the more we participate in the life of God, even to the point where something about God's own self becomes more perfect than it already was. This is a mystery worth pondering. This is a privilege worth claiming.

We participate in the love of God not only through prayer and worship, the sacraments and the Eucharist, but also in the ordinary, everyday acts of love that populate our lives. We can harness it with a smile. We can embody it with a kind gesture. We can perfect it with an orientation toward the world that asks, as Jesus did, "How can I serve?"



I am the **bread**.

LOVElife

As you pray, allow the image of Jesus as the bread to draw you to meditation: What hungers do you know in your life right now? Ask God to fill them. Express your gratitude for all the ways your life is full and your spirit nourished.

"I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."  
(John 6:35)

Watch the video  
Write your answer  
[www.SSJE.org/lovelife](http://www.SSJE.org/lovelife)



The Society of Saint John the Evangelist  
[www.SSJE.org](http://www.SSJE.org)

## Participation 1: Incarnation

List three attributes of God that matter most to you.

## Participation 5: Name

Pray your name today. What do you hear?

## Participation 2: Purpose

How can you uniquely reflect the love of God today?

## Share at #lovelife

Comments: [SSJE.org/lovelife](http://SSJE.org/lovelife)

Facebook: Friends of SSJE

Twitter: #LoveLife #ssje

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## Participation 3: Life

What's got you half-dead?

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## Participation 4: Change

How is God inviting you to change?

## Participation

We have been created by God and for God, and we will find our deepest joy and satisfaction when we live in union with God.

- Br. David Vryhof

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